



Doodle

WE NEED EACH OTHER | UNIT 1

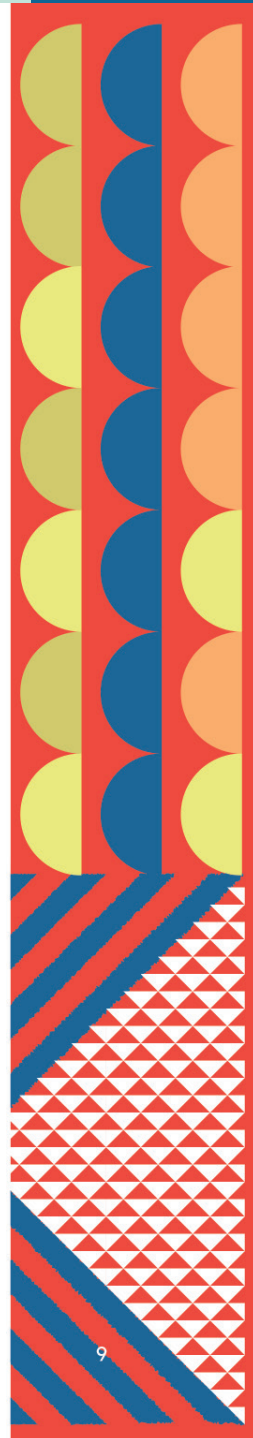
ENCOURAGING WORDS

Pick some words below or use your own. Draw or write about what the words mean to you and how you can live them out.

COMFORT
LOVE

CHEER ON
BUILD UP

SUPPORT
STRENGTHEN



Activity 1

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🎯 **WRITE THE
KEY VERSES
IN YOUR OWN
WORDS BELOW.**

GENESIS 2:18
THE LORD GOD SAID, 'IT IS
NOT GOOD FOR THE MAN
TO BE ALONE.'

1 THESSALONIANS 5:11
THEREFORE, ENCOURAGE
ONE ANOTHER AND BUILD
EACH OTHER UP!

GENESIS 2:18

1 THESSALONIANS 5:11

KEY FRIENDZY FACTS

- 🎯 **God designed us for friendship.** We are not meant to be alone.
- 🎯 **We are stronger and better together.** Friendships are stronger when we encourage and build each other up instead of tearing one another down. We need each other. We each have an important part to play, and a team needs every one of its players to succeed.
- 🎯 **We need each other for encouragement!** We are going to practice encouraging and building each other up all year. When friends feel seen and their emotions are recognized, they are more likely to feel like you understand them; this will allow them to more easily accept your encouragement.

Key Verses

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JOURNAL

WE MAKE TIME TO WRITE & PRAY TO
REFLECT ON WHAT WE HAVE LEARNED &
REMEMBER TIMES IN OUR LIVES, SO WE CAN
RESPOND TO OTHERS WITH LOVE & KINDNESS.

REFLECT >>> What is something new you learned about building up others?

REMEMBER >>> a time that you felt torn down or a time you have felt built up and journal about it below. How did it make you feel?

Journal

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PRAYER & ACTION

RESPOND IN PRAYER >>> Jesus, thank you for giving me the ability to pray for my friends and classmates. Please give me the words to encourage continually.

RESPOND IN ACTION >>> Think of three people you can encourage! Write their names down below. Include a sentence for each person about what you could say or do to build them up.

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Prayer & Action

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MIRRORING EMOTIONS

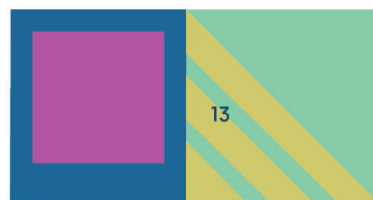
Remember our Friendly Fact! When friends feel seen and their emotions are recognized, they are more likely to feel like you understand them; this will allow them to more easily accept your encouragement.

>>> Read the scenarios below and journal about how these would make you feel if you experienced them. How would your friends feel?

Tyler had a tough day at school. He got in trouble and a note is being sent home. His classmates are making fun of him for getting in trouble.

Margo studied very hard for her math test. She has been having a hard time understanding the lessons. She earned a great grade and will be able to improve her class grade for the term.

Elle loves being outside after lunch. She went over to some classmates to talk. When she walked over, her classmates looked at her and walked in the opposite direction, whispering to one another.



Activity 2

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